

8 Healthy Living

Mr. Kavanaugh

Location: Room 408 Email: justin.kavanaugh@hrce.ca Phone: 902-493-5124 Website: **http://hpj.hrsb.ca/**

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| Mrs. C. Christianson  PRINCIPAL | Mr. L. Matheson  VICE-PRINCIPAL | Mr. E. Lang  GUIDANCE |  |

Healthy Living is designed to help develop positive self-identity and enable learners to manage their own health, their relationships, and their interactions with the world. The goal is to help learners think critically and make informed choices that enhance both their lives and the lives of others. Learners will be expected to demonstrate effective communication and interpersonal skills that facilitate positive relationships with the world around them.

**Topics:**

Sexual Health

* Male and Female Reproductive Systems, Puberty, Sexually Transmitted Infections, Safe Sex, Consent

Relationships

* Unhealthy and healthy relationships, Listening Skills, Positive Decision-making

Drugs, Alcohol, Tabaco, and Vaping

* Addictions, Mental Health, Warning Signs, Consequences, Avoidance

Physical Health & Nutrition

* Anatomy, Food Guide, Food Choices, Habits and Routines, Exercise, Sleep

Mental Health

* Stress, Anxiety, Seeking Help, Offering Help, Warning Signs, Positive Decision-making, Disorders

**Evaluations and Assessments:**

Formative Assessment (day-to-day ongoing student monitoring)

Class Participation (discussions, debates, question period, etc.)

Individual and Group Projects (Inquiry based focus)

Summative Assessments (Written and Oral Assessments)

Students will be graded on 1-4 grading scale but will receive an overall grade on their report cards. Assessments will be recorded in Powerschool regularly throughout the year. It is a good idea to check in regularly to ensure your child is keeping up with their assignments.

Student work will be posted in google classroom (parents can request invitation).